



MEAL PREP
CHEAT SHEET



Meal prepping is simply the act of preparing a meal or recipe **AHEAD OF TIME**, then portioning it out to create a number of **EASILY ACCESSIBLE** meals **AT YOUR DISPOSAL** to keep you on track with your nutritional protocols to align with your training goals.

If you have ever packed up your leftovers from your dinner to take with you to work for lunch the next day, then you have already meal prepped!

Generally though, meal prepping refers to preparing 3-7 days worth of food at a time.

Think of it like packing your lunches for the week all at once instead of packing your lunch the night before, or each morning and You can use this same technique for all your daily meals.



MEAL PREP

Ask yourself these questions..

Are you spending too much money on eating out every week?

Are you always falling off track with your new diet and nutrition and Never really seeing any tangible results?

Do you actually want to see the results you can achieve by simply prepping your meals and being organised with your nutritional habits?

This Meal Prep info will guide you step by step on how to start meal prepping like a pro for long term success!

Read on In order to put yourself in the best possible position to stay on track with nutrition, preventing you from falling off track with your physique goals and saving you money!

Meal prepping will help you

You will control the portion.

You will eliminate surprises and hidden calories.

You will prevent failure and falling off track.

You get better results.

You will be able to spend more time doing things you love.

You will establish a healthier relationship with food.

You won't be distracted by eating out or grabbing something quick as easily.

You will inspire others.

You won't waste food.

PORTION CONTROL



How to meal prep

When it comes to success in life planning and preparation is the most important tool, as the saying goes:

"FAIL TO PREPARE, PREPARE TO FAIL".

physique transformations are no different, by being able to plan and prepare for training and nutrition you will be able to get into the best shape of your life and stay there.

While working with PHYSIQUE BY DESIGN, my goal is to set you up with the best possible plan to help you achieve this.

It is then up to you to make this plan part of your DAILY HABITS & routine by prepping for each day to ensure you get as much as possible from this process.



PORTION CONTROL

WHAT ARE THE DIFFERENT KINDS OF MEAL PREP?

The Daily Prep.

If you like your food fresh and need to be keeping your flavours mixed up, then this is the option for you.

There is also two ways to do this;

Option 1:

Cook all of your food each morning.

BUT you have to be a super early riser for this to work for you.

If this is your preferred method foods which can be put unsupervised into the oven while you get ready would be your go to here.

Option 2:

Cook a double portion of your dinner.

This gives you a meal for lunch while you quickly prepare breakfast and snacks around this meal, it also allows you an extra half hour or so of sleep!

The Weekly Prep.

For this you would cook all of your meals for the week ahead on a specific day which suits you (e.g. Sunday).

This can be time consuming if your meal choices are **QUITE** varied, but if you keep it simple this should take you an hour or two **AT MOST** and would mean you wouldn't need to cook again until the following Sunday!

PORTION CONTROL

WHAT DO I DO WITH MY PREPPED MEALS?

Once you have cooked your meals YOU CAN THEN PUT THEM IN SOME TUPPERWARE.

Allow YOUR MEALS to THEN cool DOWN before storing THEM in the fridge or the freezer for later in the week.

If you use this option make sure that you heat it up YOUR MEALS properly in the microwave before eating.

For some people picking one of these options would be ideal.

for others this won't always work.

My preference with food prep is actually a mix of all of the above!



PORTION CONTROL

The Tools Of The Trade

PLEASE NOTE None of these are essential!!

but they can be a real game changer when it comes to making your meal prep a lot easier and ALSO MAKING your meals tastier!

OVER TRAY

NON STICK FRYING PAN

Tupperware

Air Fryer - 600g Fryer

Rice Cooker - 14 Serving Steamer

Reusable Food Bags - 12 pack

Meal Prep Travel Bag - Iso Bag.

On the following pages there are a few of my go to meal pre meals.

PORTION CONTROL

Cottage Pie

Serves 6

Ingredients

Mashed potatoes topping:

750g Potatoes, Peeled & Diced

Mince Filling:

600g Beef Mince (5% Fat)

1tsp Olive Oil

300g Onion (Finely Diced)

2 Cloves Garlic (Crushed)

600g Mushrooms (Chopped)

300g Frozen Mixed Vegetables

2 tbsp Flour

250mls Beef Stock

20g Tomato Purée

1tsp Worcestershire Sauce

1tsp Thyme, Chopped

Salt & Pepper

Method

Boil the potatoes in a large pan of salted water until they are soft. Drain the potatoes and in the same pan mash them with the, salt and pepper until smooth.

Meanwhile, preheat your oven to 200°C/400°F/gas 6.

In a large saucepan, brown the beef over a medium heat and break any of the larger pieces up as it cooks. When well cooked, set aside on a plate. Add oil, onion, garlic, mushrooms to the same pan, so that they absorb the flavour of the beef, and sauté until the vegetables are beginning to caramelize this should take around 10 minutes.

Add the flour, beef stock, tomato purée, Worcestershire sauce, thyme and cooked beef to the pan and mix thoroughly before simmering on a low heat for a further 10 minutes.

Pour the mixture into a large oven proof dish and top with the mashed potatoes. If you like, sprinkle over some paprika to add spice and color to the dish. Bake in the oven for 25 minutes until the potatoes turn golden and then serve.



Calories



Protein



Carbs



Fats

MEAL PREP



Calories



Protein



Carbs



Fats

Garlic Chicken & Pearl Barley

Serves 6

Ingredients

For The Chicken

5 Garlic Clove (Smashed)
600g Chicken Breast (Sliced)
15ml Olive Oil
4g Italian Herbs
50ml Lemon (Juice & Zest)
Sea Salt & Cracked Pepper

150g Leek (Finely Chopped)
200g Pearl Barley (Dry Weight)
400ml Chicken Broth Or Water
Fresh Basil (Chopped)

20g Parmesan Cheese

Method

Start by grating the lemon with the smallest hole of the grater, set the zest aside and juice the rest.

Grab a large resealable bag and add all the chicken mix ingredients. Zip the bag shut, give it a good shake and set aside for at least 35 minutes.

Cook the barley as per the instructions while the chicken is cooking. Bring a large pan to high heat and cook chicken on high heat for about 10 to 15 minutes, or until golden. Remove the chicken (leaving the juices in the pan), reduce the heat a little and add the leek, cook for about 5 minutes or until soft.

Add the lemon zest, chicken and barley to the pan and cook for 5 minutes.

Serve with a sprinkle of Parmesan Cheese.



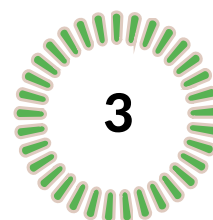
Calories



Protein



Carbs



Fats

MEAL PREP



Calories



Protein



Carbs



Fats

Chicken Korma

Serves 6

Ingredients

400g Chicken Breast (Cubed) 2tbsp
Butter
100g Onion (Finely Diced)
4 Garlic Cloves (Crushed)
30g Sultanas
30g Ground Almonds
100ml Chicken Stock
200ml Unsweetened Almond Milk

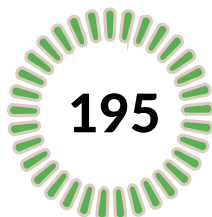
The Marinade

200g Korma Paste
1/2 tsp Chilli Flakes
Salt and Pepper

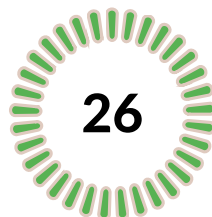
Method

In a bowl, mix all the marinade ingredients. Chop the chicken into bite-sized pieces and toss with the marinade. Cover and chill in the fridge for 1 hour or overnight.

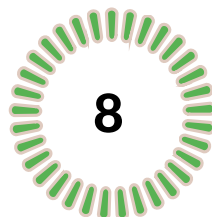
In a large, heavy saucepan, heat the butter. Add the onion, garlic and some seasoning. Fry on a medium heat for until soft. Then add the marinated chicken. Cook for 10 mins, then add any remaining marinade left in the bowl, the stock, almond milk, sultanas and the ground almonds . Cook on a low heat for 5 mins.



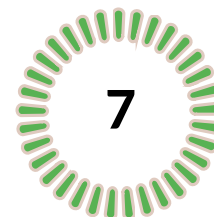
Calories



Protein



Carbs



Fats

MEAL PREP



Calories



Protein



Carbs



Fats

Prawn Fried Rice

Serves 6

Ingredients

5 Sprays Low Cal Oil Spray
900g King Prawns (Raw & Peeled)
40g Cornflour
3 clove Garlic (Finely Sliced)
3 Large Egg
600g White Mushrooms,
600g Frozen Mixed Vegetables
600g White Rice (Cooked)
5g Chinese 5 Spice
20ml Light Soy Sauce
3g Turmeric Ground

Method

Cook the rice as per instructions.

While the rice is cooking. Mix prawns, salt and pepper together in a bowl stir in cornflour.

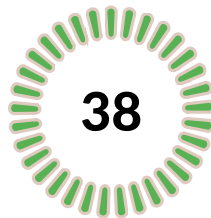
Heat oil in a wok over medium heat; add prawn mixture. Cook until light brown, about 5 minutes. Transfer to a plate.

Mix in mushrooms and mixed vegetables into the wok; cook until softened, 3 to 5 minutes. Add in 5 spice, garlic, turmeric powder. Cook and stir until fragrant, about 3 minutes.

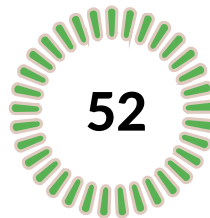
Add egg; cook and stir until scrambled, about 2 minutes. Mix the rice into the wok; season with soy sauce, salt and pepper. Add prawns and cook until everything is hot.



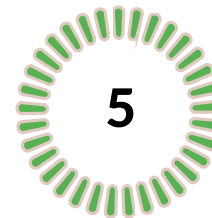
Calories



Protein



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Fats

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Carbs



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